

Inner Goddess Mantras

Release and let go, shift your emotions and fill your life with magic

Let's dial up the LOVE and reconnect to your Inner Goddess! Whenever feelings of lack, anger or frustration come up for you, acknowledge what you are feeling and then begin to incant any of these mantras with passion and conviction. FEEL the mantra in every cell of your beautiful being and repeat it until you have your centered and empowered groove back on track!

SEE yourself happy, light, abundant and free.

REMEMBER every cell in your body responds to your thoughts so choose loved-up thinking!

So... if you're feeling:

Anger

Take a moment to write down what angers you. Write down all of your resentments and then burn or rip up the page, take a slow, deep breath and then chant this Magical Mantra:

I release all that is not love from every cell in my being. I am at peace. I witness and honour my emotions and I come home to love.

Fear

I release all fear from every level of my being. I am fearless, fierce and free. I trust myself and I trust my life. I fill my soul with spiritual energy and love and I surrender to a loving, kind and magical universe.

Unlovable

I am loveable right now just as I am! I love and accept myself and I know that I am worthy of being treated with delicious respect and appreciation. I see and feel love in all things.

Powerlessness

I trust in my brilliance to guide my divine path. I am a powerful, amazing goddess. I feel safe in my power and I OWN it with grace.

Overwhelmed

I manage my life with ease and grace. I am a fabulous mother (or insert wife, partner, lover etc.) I give from the heart and I am deeply appreciated. I appreciate myself. I know when to ask for help. I set boundaries with love and take loving care of myself. I bring joy to my family and my family brings me joy. My family is loving and kind. I take time out for myself when needed. I deserve time for myself and I adore it! I am healthy, radiant and divine.

Remember you are magical! You are the creator of your life, you have infinite beauty and genius to tap into right now. Embrace your miracle mind and experience everything life has to offer.